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Bangalore Mirror

TEMP Max 28 | Min 21 | Humidity 76% Partly cloudy Sensex 61,112 | Nifty 18,065 | Gold 59,945 | Silver 74,155 | Dollar 81.71 | Euro 90.06 | GBP 102.52

Experts suggest changes in infra, stress on public transport to implement mobility model; 'it may just be too tall a task for city'

THE 15-MINUTE STRETCH

Model allows for work-home commutes to be short, sustainable

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TWEETS @BangaloreMIRROR

Bengaluru too has its eyes set on the 15-minute plan, a widely proposed model in European countries that is to be a game changer in mobility. However, experts believe it may be a bit of a stretch for the IT city of India to attain this. They suggest that a 25-minute model is a more sustainable option for the city.

So what is the 15-minute plan? It is based on the assumption that a majority of the travel for citizens involves work-home commutes and aims to make both these spaces accessible within minutes by walking or cycling.

Experts say that for a city already urbanised, implementing such a plan would entail making major changes.

Mobility expert Ashwin Mahesh told BM, that for instance, there would be a need to relocate large employment clusters with dense housing. "For the plan to work, we need to get transit-oriented road transport. The road and building

CONTINUED ON PAGE 8 »

> "It's a good model for a new city but in an already grown metropolitan city like Bengaluru, the concept is not feasible.
>
> – Prof Ashish Verma, Convenor, IISc Sustainable Transportation Lab (IST Lab)

Peace, robbed

Instances of dacoity, robbery, theft and intimidation on road on the rise in city

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There is an increase in the reported cases of dacoity, robbery, burglary and theft in the city. According to the latest crime review data of March 2023 by police, the city recorded nine cases of dacoity, 38 cases of robbery, 22 cases of day time burglary, 68 cases of night time burglary, and 769 cases of theft.

Even in the state, there is an increase in the reported cases of dacoity, robbery and theft during March when compared to the cases of previous month and to the corresponding month of previous year.

The state recorded 48 cases of dacoity in the first three months of 2023, 38 cases of preparation and assembly of dacoity, 410 cases of robbery, 1040 cases of burglary at night and 235 cases of burglary at day time.

The state also recorded 4,930 cases of theft in just three months.

Residents in the city claim that they are scared to go out at night or early morning as they fear being robbed. And many have taken to social media off late to describe horrific run-ins with intimidating elements on city's roads.

On May 1, at around 5:30 am, a young man was attacked by two youngsters, both holding weapons, on Davis Road - High Street cross intersection. "They tried to take away his phone, he was brave enough to fight back. Fortunately, he was not hurt. A police complaint has been lodged at

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Finance 101

UN Women and Bombay Stock Exchange in collaboration with HerMoneyTalks is organising Finempowerment along with Ubuntu Consortium for Women Entrepreneurs. Financial stability and investment planning are more important for women entrepreneurs, as they face more challenges than salaried people do.

Where: Rotary Club, Lavell Road
When: May 5, 9.30 am to 1.00 pm
register: forms.gle/Axh8iHK39W5jocJ48

02 Classical melodies

Catch the Morning Raag with Aniruddh Aithal. The concert will be a traditional Khayal performance consisting of morning melodies. In the Hindustani Classical music system, every Raag has a designated time at which they are supposed to be sung for maximum impact and effect. However, in a fast-paced world centred around efficiency and convenience, morning concerts have become extremely rare, hence a lot of Raagas are not being sung. Aniruddha Aithal (vocals) will be accompanied by Shrivatsa Koulgi on the Tabla and Vighnesh Bhagwat on the Harmonium.

When: May 7, 7:30 am
Where: Lumbini, Jagriti Theatre
Tickets: bookmyshow.com

03 Food for thought

Skewed... is Fourth Wall Theatre's maiden production directed by Mahesh SP written by Mahesh SP, Vilok V Kowsik & Arvindh S Kumar. The play is set in today's times. Divya, the protagonist, finds her husband, Kiran mysteriously dead in their residence. The case gets escalated as Kiran was a police inspector. Upon attempting to unravel the mystery, characters of everyone around Kiran are questioned. It is a story that reflects and questions society.

Where: Jagriti Theatre
When: May 12, 7:30pm
Tickets: bookmyshow.com

When covid cases peaked in April

... but positive news as experts say infections slowly decreasing in number

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April turned out to be the most fatal month in terms of Covid infections, though there are early signs of cases slowly decreasing.

As per the data, 25 (including one in Bengaluru) lives were lost to Covid in April. In terms of 2023 Covid deaths in Karnataka, there was only one Covid death in January, three in February and 13 in March (including five in Bengaluru).

On the other hand, Covid infections peaked in April compared to previous months. Bengaluru reported 5,311 fresh cases in April compared to 2,122 in March, 636 in February and 694 in January.

Dr Chinnadurai R (Lead Consultant - Critical Care, Aster RV Hospital) told Bangalore Mirror, "Currently, we are treating three patients for Covid-19. However there have been no covid related deaths in the past week or so. As of now, we don't foresee any surge or deaths in the near future."

Experts say that the infection rate is also reducing drastically which is a sign of fewer Covid cases in the days to come. As per the BBMP's health data, the test positivity rate (TPR) is on a downward trend. As of April 30, the TPR dropped to 0.8 per cent.

"This was the first time in the recent months that the TPR had dropped below one per cent. The TPR is a crucial indicator to show as to how many are getting infected. Earlier, we have seen that cities like Delhi were recording higher TPR. The TPR is now reducing to either increase in testing. Earlier, in Bengaluru, less than a thousand tests were conducted in a day. However, now, around 4,000 to 5,000 tests are being conducted on a daily basis. The increase in number of tests always decreases TPR as fewer tests would mean targeted testing or testing of only symptomatic. The second reason for the reduction in TPR could be due to waning of Covid wave. Across the country, the growth rate has slowed down and this is definitely good news," said a health expert.

On April 30, the test positivity rate dropped to 0.8 per cent, proof that it is on a downward trend as per data

Experts say that a fresh Covid wave was pointing towards the fact that Covid was becoming endemic. A BBMP health official explained that though there has been a surge in Covid cases recently, there has been no proportional surge in hospitalisation as seen in the first two waves. During the first two waves, there was a challenge in providing treatment due to non-availability of Covid admissions. However, now they were seeing that the Covid hospitalisation has been comparatively lower.

As on Sunday, 46 people were being treated in various hospitals of Bengaluru with 11 of them being in ICU.

City doctors say that the Covid cases have had minimal effect on children. Dr Parimala V Thirumalesh (Senior Consultant - Neonatology and Paediatrics, Aster CMI hospital) stated that there have been no deaths in children recently due to covid. However, severe pneumonia, respiratory infection and continuous fever uncontrolled by medications are the type of cases seen recently and the wave affected newborns to older children the same way, she said.

As of now, 186 wards in the city have less than 15 cases. Bellandur continues to record the most Covid cases with nine cases reported in the last 10 days.

State-of-the-art learning, courtesy CBSE

As a pedagogical initiative, the Central Board of Secondary Education (CBSE) has introduced art-integrated learning in all its affiliated schools in Karnataka and the region of Ladakh.

For this project, the focus will be on research of new topics that have not been taken up in the classroom. Teachers have been asked to facilitate exploration of research on the topics to give students a hands-on experience.

Board Director (Academics) Dr Joseph Emmanuel said, "This facilitates teachers and principals for implementing art-integrated learning as a pedagogical tool for experiential and joyful learning in classroom situations as well as building a joyful learning environment in the school. Now, we are encouraging age-appropriate projects by students to enable them to be developed as independent thinkers and learners. At least one such project in each subject shall be taken up by all students of classes 9 and 10. The art integrated project work will be assessed as part of the subject enrichment activity in all the subjects for internal assessment. In fact, students of classes one to eight will also be encouraged to take at least one age-appropriate art-integrated project (interdisciplinary project) in a given academic year."

According to him, students can take up integration with any form of Indian art: visual or performing, as it will be helpful to students to easily understand the project that is culturally connected to them. Teachers need to facilitate learning of the chosen Indian art form and ensure that the students are able to creatively integrate the art form, in minimum one project work of students from classes 1 to 10, it is mandatory to integrate any art form of the paired states.

AI, coding for CBSE kids

Following suggestions that coding should be taught from early on, the Central Board of Secondary Education (CBSE) has now decided to introduce skill subjects for students of classes six onwards. The board has listed 33 subjects, which include artificial intelligence, financial literacy, coding, data science, and augmented reality, and Kashmiri embroidery, application of satellites, humanity and Covid.

In a recent circular issued to schools, skill modules will be of 12-15 hours in duration. An official said, "Schools can use the bagless days or the vacation time, summer camps, or activity periods to teach the skill modules. Schools can also explore having a regular period for selective skill modules to encourage more students to opt from this academic session itself."

Welcome, summer rain

Slight dip in temperature is cool, but weather experts reveal city has seen its driest April since 2019

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KAUSHIK JN

Motorists and pedestrians make their way through the waterlogged roads after Monday's showers

Giving a break to scorching heat, many areas in the city received heavy rainfall since Sunday. According to the Met Department, Yelahanka received the highest of seven cm of rainfall while KSNDMC data states that Kuvempu Layout received the highest of 11.1 cm, followed by Jakkur-6.4 cm, Hebbal 5.7 cm and Radhakrishna temple 4.3 mm.

The KSNDC data also points out higher day temperatures at Kengeri and Ullal (35.6 degree Celsius) while the temperature was lower in core Bengaluru regions like Ulsoor, Bharati Nagar and Lakkasandra recording 33.6 degree Celsius each.

A Prasad, a scientist from the Met Department, said, "A trough was running from Marathwada to South Interior Karnataka at an altitude of 1.5 km above the mean sea level. Due to its influence, many areas in the state will receive rainfall for the next five days. South Interior Karnataka is expected to receive rainfall till May 5. However, the rains are bringing no respite from heat waves in the coastal areas. On Sunday, Karwar in Uttara Kannada district recorded the maximum of 37.2 degree Celsius. As per our predictions, the hot weather will continue in coastal areas and the temperature may be one or two degree Celsius above normal."

The Met Department had issued a yellow alert warning for Bengaluru on Monday. Yellow alert warning has been issued for Chamarajanagar and Kodagu for Tuesday and Kodagu, Mandya and Mysuru for Wednesday.

For the next two days, Bengaluru skies will be generally cloudy with chances of moderate to heavy rainfall. There is likely to be a minor relief from the scorching heat witnessed last week as the Met Department has predicted the maximum temperature may drop to around 31 degree Celsius from a high of 36 degree Celsius recorded till last week.

Meanwhile, according to Bengaluru Weather tweets, Bengaluru witnessed the driest April since 2019 by recording a total rainfall of 28.2 mm against the monthly average of 61.7 mm. The last month also saw the warmest April since 2019 by recording an average max of 34.53 degree Celsius against the average of 34.1 degree Celsius.

Rain precaution

As the rains continue, the health experts are warning people to be careful over resurgence of dengue and other vector borne diseases. "Post rainfall, there could be an increase in dengue cases. Last year, we had witnessed a spike in vector borne diseases. As it is summer, people generally tend to stay outside and hence it is important to take steps to prevent mosquito breeding. It is advisable to keep your surroundings clean and prevent water logging. As the civic authorities ignore the need to prevent water logging, it is the responsibility of every individual to prevent mosquito breeding around their residence. One can also adopt measures at individual level to prevent mosquito bites like wearing full sleeved shirts and pants, applying mosquito repellent creams or using mosquito nets and not being outdoors after sunset or before sunrise," said a health expert.

> **A trough was running from Marathwada to South Interior K'taka. Due to its influence, many areas in the state will receive rainfall for the next five days** –A Prasad, Met Dept

A rainy day in the life of...

Yet another spell of heavy rain on Monday ended up with many areas in the city getting waterlogged. Waterlogging was reported in many areas with water entering homes in Hennur. Even though this brought life to a halt, cart driver Siva Gupta from Uttar Pradesh continued with his daily chore of making mosambi juice on the roadside.

Hailing from Bharaich in Uttar Pradesh, Gupta had shifted to Bengaluru for a livelihood. His day starts as early as 7 am and goes on till 8 in the evening.

With rains playing spoilsport, he says the earning reduces to Rs 400-500 per day as compared to Rs 2,000 on other days. People do not prefer to stop and drink fruit juice when it rains, he said.

"Staying away from family makes me really sad. I look forward to going back to my hometown as soon as possible. I plan to go to Shimla and start a business there." An 8th Class dropout, he has stayed in many other cities like Mumbai and Delhi. He initially faced difficulty in pulling the cart but eventually got used to the tough job. Currently, he earns up to Rs 10,000 per month.

Sharing a room with nine other people in the locality in JP Nagar, he also dreams of going to Riyadh, as he explains that his relative residing there earns a lot more.

With IMD issuing an orange alert warning in the city, many roadside vendors like Gupta are bound to face difficulties for a few days before we go into full-fledged monsoon.

—Abhijeet Kabad

Good fences make good neighbours?

Private fence erected on footpath at Jayanagar causes inconveniences to residents

The fence has been put up on the footpath at 7th Cross, Jayanagar

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Residents of 5th Block, Jayanagar, have complained that a fence obstructing the pedestrian pathway on 7th Cross has propped up, causing much inconvenience to the daily users of the footpath.

Arun Kumar, a resident in the area, told Bangalore Mirror that upon investigating with other residents in the vicinity, he found that the owners of a vacant site on the corner of the road by the footpath have put up the fence in order to curb other citizens from throwing garbage into their property.

"It is of no use because the public can still throw garbage over the fence into the vacant site. The fencing, in turn, poses a threat to regular walkers as it is a nailed fence and takes over half the footpath. If a diabetic patient were to receive a cut after coming in contact with such fencing, it would land them in medical trouble," he said.

Stray animals may also sustain severe injuries if they accidentally walk into the fence. Those residing next to the vacant site have also attested that the fence has been put up to curb garbage accumulation, he added.

Vacant site owners often resort to such measures as the municipal body tends to hold owners liable for the garbage material that is accumulated rather than individuals who dump the garbage and turn the vacant sites into black spots as it is difficult to monitor them. In 2019, the Bruhat Bengaluru Mahanagara Palike (BBMP) began to install CCTV cameras and signboards in areas prone to dumping in order to penalise individuals who were found to be faulty. However, monitoring with respect to the initiative has been very low.

> **Fence is of no use because the public can still throw garbage over the fence into the vacant site. The fencing in turn, poses a threat to regular walkers**
>
> –Arun Kumar, a resident

Last year, the civic body had decided to impose a fine of Rs 1 lakh on vacant land plot owners in RR Nagar if their properties were found to have been filled with garbage or construction material. According to the order issued, the BBMP said that failing to maintain cleanliness at vacant plots amounted to violating the Environment (Protection) Act, 1986, and is a punishable offence.

Furthermore, the order also stated that the different types of waste should be disposed of in a specific manner as described in the Solid Waste Management Rules, 2016. Any violation of the SWM rules is a punishable offence under the Environment (Protection) Act, 1986.

Groundwater abuse has sucked city dry

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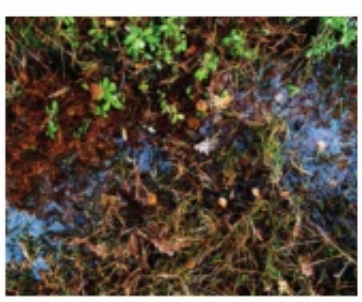
Groundwater in Bengaluru, across all rural and urban districts, is 'over-exploited,' says a recent report on the groundwater situation in the country by the Central Ground Water Authority (CGWA). CGWA has deduced this after conducting block-wise groundwater resource assessments at ten locations spread over Bengaluru's urban and rural districts.

The assessment units were located in Devanahalli, Doddaballapura, Hoskote, Nelamangala, Anekal, Bengaluru North, Bengaluru City, Bengaluru East, Bengaluru South, and Yelahanka regions.

Experts highlight that while rainwater harvesting is one way to revive the city's depleting groundwater table, overexploitation of the precious resource can be stopped only if existing rules are implemented.


Groundwater in B'luru is over-exploited, says CGWA report

While CGWA, following multiple orders by the National Green Tribunal (NGT) on judicious usage of groundwater, came up with a policy under which groundwater users will first have to register with the concerned authority and obtain a NOC before they can use it, the Karnataka Groundwater Authority (KGWA) said the rule does not apply to the state.

According to KGWA, since water is a state matter, the CGWA rules do not apply to Karnataka. KGWA had also suggested it might soon come up with its own rules on borewell registration in the state. However, as of now, NOC is mandatory only for commercial use.

Nonetheless, experts say while industries have to obtain a NOC before extracting groundwater, there are no measures in place to ensure water neutrality.

"Water neutrality among industries should be enforced strictly if the decision-makers are willing to ensure that the city never runs out of water. There should be a cap on the amount of groundwater that can be extracted by industries, and this can be achieved through borewells with metres. Moreover, industries should also be liable for recharging the groundwater table through scientifically done recharge wells to ensure they are water neutral," said V Ramprasad, founder of Friends of Lakes.

Reportedly, most of the big industries located across the city are utilising groundwater to the tune of 2 to 3 lakh litres per day, but groundwater recharge is being done using unscientifically created recharge wells that are inadequate in number.

Experts also advocate mandatory recharge wells even for domestic usage. They say a robust and foolproof mechanism of water credit is the need of the hour.

"There are laws and policies for water conservation, be it through rainwater harvesting or groundwater recharge. However, implementation is not up to the mark. While new establishments are mushrooming across the city, not many have rainwater harvesting systems installed. Similarly, while borewells are being dug incessantly, recharge pits are missing from the scene," said another city-based groundwater expert.

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Blocked paths
Banashankari

People are enjoying coffee on the footpath at 20th Main Road, BDA Complex, Banashankari 2nd Stage.

Finish it!
LBS Nagar

Work has been left unfinished after BWSSB did some repairs on 1st Main Road, LBS Nagar. It poses a danger to all who use this road.

Covered
Jayanagar

Trees are dangerously leaning on a building in 3rd Block East, Jayanagar. Despite raising complaints for a year, no action has been taken.

Shady happenings at Avalahalli Lake

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TWEETS @BangaloreMIRROR

Residents and members of the Green Circle living near Avalahalli Lake in Yelahanka have raised concerns of illegal activities and ecological damage being done to the waterbody.

During one of their night visits, the team alleged that they discovered several instances of illegal activity. People were consuming alcohol, a young boy and girl were behaving suspiciously, and individuals were using the walking paths meant for pedestrians to ride their two-wheelers. Members from Green Circle revealed that the lake has also become an amusement centre during the day, with children fishing and professional fishermen using nets.

V Selvarajan, Secretary, Green Circle said, "We are all concerned about the upkeep of the lake. We have already identified 40 species of birds here. We want to protect the ecosystem to ensure perennial water supply. Fishing will spoil the ecological balance and the water table will go down. We are also planning for dredging here."

The residents revealed that the lake has started to dry up lately and even sewage has been entering the lake. Recently the panchayat carried out desilting at the inlets and even carried out de-weeding at the lake. However, despite their efforts the sewage has been entering the lake.

A resident said, "The desilting and deweeding efforts by the panchayat are commendable, but more needs to be done to preserve the natural beauty of the lake. We urge the authorities to take immediate action and prevent the lake from further degradation."

> **"We are concerned about the upkeep of the lake. We want to protect the ecosystem to ensure perennial water supply**
>
> – V Selvarajan, Secretary, Green Circle

Regarding the illegal activities, the members of Green Circle reached out to the panchayat officials and demanded the lake gates be shut by 6 pm to prevent such illegal activities at the lake.

The illegal activities taking place at the Avalahalli Lake are not only harmful to the environment but also pose a threat to the safety of those who visit the lake. It is important for the authorities to take action to prevent such activities and ensure that the lake is safe for all," added Selvarajan.

When BM tried contacting panchayat officials for a comment, they were unresponsive.

Winged visitors who come a-calling at lakes

As water levels drop in lakes, activists say more birds are visiting waterbodies

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With summer at its peak, many lakes in Bengaluru are sporting low water levels. While at the outset, it may sound like a troubling trend, many lake activists and bird enthusiasts have reported sightings of winged guests who otherwise snub the water bodies if water level is too high.

This has again fueled the debate on the unscientific soup bowl approach of BBMP for lake desilting.

"After a gap of at least two years, Doddakallasandra is again home to two near threatened bird species along with seven grey herons, whistling ducks and other birds. Shallow waters boost the biodiversity of any waterbody. While naturally occurring lakes have shallow zones, BBMP's half-baked approach to rejuvenate the city's lakes is depriving us of a rich biodiversity that our wetlands can sustain," said Raghavendra B Pachhapur, a city-based lake activist.

Lake activists and experts, citing Justice NK Patil Committee report, say while the report recommended that foreshore region should start with a depth of 1 foot and go deeper towards the bund region, this recommendation has been completely ignored by the Bruhat Bengaluru Mahanagara Palike (BBMP) while rejuvenating the water bodies.

"Depth of the lakes of Bengaluru varies between 10ft to 15 ft, depending upon the water holding capacities; this depth bans majority of the birds to forage into Bengaluru lakes. Extent of lakebed desilting do not allow for shallow waters in the foreshore region of the lake. After every monsoon, water is filled in the lake up to 8 feet to 10 feet, thereby not allowing a variety of bird species from entering the waters," added Raghavendra.

Those living around Chunchaghatta lake, another waterbody located in south Bengaluru, have also reported presence of near threatened bird species such as Painted Storks and Oriental Darters recently. They say Gray Heron, Night Heron and Whistling Ducks are arriving in big numbers too.

To safeguard this biodiversity throughout the year, experts say BBMP should earmark a land area of at least 2 acre in the foreshore region for shallow water.

They highlight that although improving habitats and boosting biodiversity is listed in BBMP Lakes Department's objectives, it is not being put into practice.

"Shallow inlets, which are missing from all the lakes rejuvenated by BBMP, allow plant and fish diversity to flourish, which in turn leads to a richer aquatic bird biodiversity. The civic body should look at enhancing biodiversity by bringing in plants such as Vetiver plant, which grows faster and consumes nutrients from the water, thereby reducing the nutrient level keeping it safe for wildlife and fish. It also provides shelter for water birds from its predators and increases scope for breeding," said a city-based lake activist.

Experts say BBMP should earmark a land area of at least 2 acre in the foreshore region for shallow water

Choke-a-block, not anymore

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TWEETS @BangaloreMIRROR

Environmental activists have a reason to smile as authorities have decided to clear choked drains to enable rainwater to flow into Doddakallasandra Lake without any hassles.

Recently, the residents of Doddakallasandra and nearby areas had complained that the authorities did not take measures to stop sewage flowing into the lake.

"For the last few days, workers have been cleaning the drains choked with garbage and silt. Last year, the lake received rain water through the drains. Later, the drains were not in good condition. Now, the BBMP authorities have taken up cleaning," said Vikram Hande, a resident.

As per the Biodiversity Report of Doddakallasandra Lake, 2019, Doddakallasandra Lake was visited by 79 bird species, which included 11 migratory bird species and 2 nearly threatened species (Oriental Darter and Black-headed Ibis), it included 352 trees of 43 species and 42 species of butterfly were observed.

"The role of rainwater harvested through the local drains has been one of the reasons for Doddakallasandra Lake to maintain its water quality under class-D for the last 12 months. We wish BBMP would take the initiative to link the balance drains from two more roads which are pending for a long time," said Raghavendra Pachhapur, senior lead, projects, ActionAid Association.

He said that stormwater drains linked to the inlets of the lake need to be cleared of silt and solid waste before monsoon.

He said that he wanted to request the BBMP Lakes Department to give priority to check and clear the silt/blockages from the inlets and sewage diversion channels of all the lakes of Bengaluru before monsoon hits Bengaluru.

BBMP Executive Engineer (Lakes) Shivalingappa said the cleaning of stormwater drains began a few days ago. "All the drains are cleaned. We will clean whenever necessary."

If brought to power...

Free cylinders, Uniform Civil Code, women empowerment, reservations, free rice, employment guarantees and other promises that reveal parties' intentions

Bangalore Mirror Bureau
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With elections barely 10 days away, the political parties are now busy doling out promises in the form of manifestos. On Monday, the ruling BJP released its manifesto, offering free cylinders in three installments (one cylinder each in the months of Ugadi, Ganesh Chaturthi, and Deepavali) for the BPL families.

Overall, the BJP made 16 promises in its vision document, including the 'Poshana' (nutrition) scheme for every BPL household, which will receive half a litre of Nandini milk every day and 5 kg of millets through monthly ration kits. The party also promised to launch the 'Samanvaya' scheme to drive collaboration between SMEs and ITIs and generate a dynamic ecosystem of education and employment for talented young professionals.

Furthermore, the party said it would provide career support for aspirational youth by providing financial incentives for students to pursue coaching for IAS, KAS, banking, and government jobs. Meanwhile, like the Gujarat and Uttarakhand Assembly polls last year, the BJP promised to implement the Uniform Civil Code (UCC) in Karnataka on the basis of the recommendations of a high-level committee that is to be constituted for the purpose.

Chief Minister Basavaraj S Bommai who announced the manifesto said, "We will develop Bengaluru for the next generation by designating it as the State Capital Region and executing a comprehensive, technology-led city development programme centred on ease of life, cohesive transportation networks, and enabling ecosystems for making Bengaluru a Global Hub of Digital Innovation. We promise to set up charging stations, support 1,000 startups, convert BMTC buses into fully electric buses, and create an 'EV City' on the outskirts of Bengaluru."

Union Home Minister Amit Shah greets supporters during a roadshow in Tumakuru on Monday

POLL VAULT

> "We will develop Bengaluru for the next generation by designating it as the State Capital Region and executing a comprehensive city development programme –CM Bommai

The JD(S) had released its manifesto last month, in which the party had promised to restore four per cent reservation for Muslims, and it had also proposed to "throw out" Amul and save the Nandini brand, calling it Kannadiga's identity, among other assurances. The party had promised to bring in a law reserving jobs for Kannadigas in the private sector and had promised to provide free higher education for economically weaker students.

Among the various other assurances given in the JD(S) manifesto were Rs 6,000 for pregnant women for six months, a loan waiver for 'Stree Shakti' self-help groups, a pension for Anganwadi workers, Rs 2,000 per month for auto drivers, Rs 2,000 for registered private security guards, and up to Rs 25 lakh for treatment of rare diseases under the CM relief fund. Reviewing the National Pension Scheme, re-introducing free bicycles for schoolchildren, electric scooters for girls studying in higher education, a housing scheme for Rs 30 lakh homeless, and encouraging green energy are among the other takeaways from the manifesto.

On the other hand, the Congress party has been announcing its poll promises in tranches. Recently, Congress leader Rahul Gandhi announced free travel for women in public buses in Karnataka if his party is voted to power. The Congress had earlier announced a monthly cash assistance of Rs 2,000 under the Gruha Lakshmi scheme to every woman head of household in the state if the party is voted to power; 200 units of free electricity under the Gruha Jyothi scheme; 10 kg of rice free of cost to every BPL family; and Rs 3,000 to unemployed graduates under the Yuva Nidhi scheme.

This election not about you: Rahul tells Modi

Hitting out at the Prime Minister over his charge that he was "abused 91 times", Congress leader Rahul Gandhi on Monday said Narendra Modi should understand that the Karnataka election was not about him.

Asking the Prime Minister to speak about the BJP government's work and future programmes for Karnataka, instead of talking about himself, the former AICC president took a dig at Modi's statement about verbal abuses hurled at him.

"You (Modi) come to campaign in Karnataka for elections, but don't speak about Karnataka. You speak about yourself. You have to say what you did in Karnataka for the past three years. You also have to speak in your speeches about what you will be doing in the next five years, what will you do for youth, education, health, and to fight corruption," Gandhi said.

Addressing a public meeting in Tumakuru district, Gandhi said, "This election is not about you, it is about Karnataka's people and its future. You say Congress abused you 91 times, but you never speak about what you did for Karnataka. In your next speech, you speak about what you did and what you will do in the next five years."

Modi on Saturday targeted the Congress over its party president M Mallikarjun Kharge's 'venomous snake' barb at him and said till now the party and its leaders had hurled various types of abuses at him 91 times.

Claiming that when he comes to Karnataka and gives speeches he speaks about his party leaders like Siddaramaiah and DK Shivakumar and about their work, Gandhi said, "We take the names of all our leaders. You (Modi) come here and don't even take the name of your Chief Minister (Basavaraj Bommai) and (BS) Yediyurappa (former CM). Your speeches are all about Narendra Modi."

Stating that this election was about Karnataka's people, youth and mothers and sisters, Gandhi said, "This election is not about one person, not about Narendra Modi. Prime Minister has to understand this." –PTI

Be different from other politicians, says Upendra

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Actor Upendra advised the candidates of Uttama Prajaakeeya Party contesting the State Assembly election from 110 constituencies to work hard for the welfare of the people who would cast their votes for them and directed them to be different from other politicians.

"All of you have to be cautious about the power of voters who can select, elect, correct, and reject them. As per the SOP, the voters have the right to conduct an election once every six months to evaluate the performance of the elected candidates of the Uttama Prajaakeeya Party," he said.

Interacting with media persons in Bengaluru on Monday, Upendra said that he did not select the candidates to contest the State Assembly. "The voters of the respective constituencies have selected the candidates. Based on the report submitted by the voters, I gave the B form to the candidates to contest in the Assembly elections," Upendra said.

He added that all the candidates given the B form have to sign a promissory note giving the power to the voters of their respective constituencies to recall them if they fail to fulfil the aspirations of the people. "The objective is to ensure transparency and wipe out corruption among the elected representatives. I am of the opinion that holding elections once every six months is better than allowing corrupt politicians to swindle public money," he explained.

KAUSHIK JN

Upendra with the candidates of Uttama Prajaakeeya Party

Furthermore, he stated that he is not in favour of candidates spending money in the elections.

"Many candidates wanted me to campaign in the elections, but I made it clear that there is no need for me to campaign in the elections since the candidates are selected by the voters. It is the voters who have to cast their votes in favour of their selected candidates," he said.

When asked who will be Uttama Prajaakeeya Party candidates in the event of forming a coalition government, he said that elected candidates of the Uttama Prajeekeeya Party have to go to people (their voters) seeking their permission to join the coalition government.

On the uniform for candidates, he said that he wanted the candidates of the Uttama Prajaakeeya Party to serve the people. "I insisted that they wear a khaki uniform, which represents the working class. Uttama Prajaakeeya Party candidates are workers of people," he said.

He also said that some important politicians from New Delhi had appreciated him for launching the Uttama Prajaakeeya Party. "The message has already reached New Delhi. Those leaders have said that they too introduce a similar method to their candidates," he informed.

Protesters stand their ground
Rain causes chaos but wrestlers to not leave protest site; Navjot Singh Sidhu demands custodial interrogation of Brij Bhuhan

'Consultation on re-examining sedition law in advanced stage'

Government has initiated process to relook Section 124A of Indian Penal Code, Supreme Court informed

#NEW DELHI

The Centre on Monday informed the Supreme Court that consultation on re-examining sedition law is at an advanced stage. Attorney General R Venkataramani, representing the Centre, submitted before a bench headed by Chief Justice of India DY Chandrachud, said that the government has initiated the process to re-examine Section 124A of the Indian Penal Code.

The bench, also comprising justice JB Pardiwala, posted the matter for hearing in the second week of August.

The AG submitted that the consultation process is at an advanced stage and before it goes to the Parliament, it will be shown to the CJI, as he urged the court to schedule the matter for hearing after the monsoon session of the Parliament.

Senior advocate Gopal Sankaranarayanan contended that the court could constitute a bench of seven judges for adjudicating the issues. The bench observed that the matter will be first placed before a five-judge bench, even if it is referred to a seven-judge bench.

File photo of a protest by the Congress party against misuse of sedition law held in Bengaluru

In the hearing before lunch, the Chief Justice queried advocate Kanu Agarwal, representing the Central government, what is the stand of the Centre and what is the progress of the committee?

Agarwal submitted that it must be seen if a change will apply prospectively or retrospectively, and needs to take instructions in the matter. At this juncture, the Chief Justice said, "Otherwise, we will decide it judicially."

However, the bench agreed to take up the matter after lunch. The AG appeared before court in the afternoon session.

The top court was hearing a clutch of petitions challenging Section 124A of the Indian Penal Code which criminalises sedition.

On May 11 last year, the Supreme Court had said that it is cognisant of the integrity of the state on one hand, and the civil liberties of citizens on the other, as it put on hold the colonial-era penal provision of sedition. The apex court had asked the Centre and state governments to refrain from registering any FIRs under the sedition provision, Section 124A of the Indian Penal Code, till the review of the law by the Centre is complete. The top court order came on a batch of pleas filed by Major General SG Vombatkere (retd) and others. -IANS

Collection of GST touches all-time high in April

#NEW DELHI

GST collection in April rose by 12 per cent annually to over Rs 1.87 lakh crore, touching an all-time monthly high, showed finance ministry data released on Monday.

The previous monthly high Goods and Services Tax (GST) collection was in April 2022 at about Rs 1.68 lakh crore.

Hailing the record GST collection, Prime Minister Narendra Modi in a tweet said, "Great news for the Indian economy! Rising tax collection despite lower tax rates shows the success of how GST has increased integration and compliance."

The gross GST revenue collected in the month of April 2023 is Rs 1,87,035 crore of which CGST is Rs 38,440 crore, SGST is Rs 47,412 crore, IGST is Rs 89,158 crore (including Rs 34,972 crore collected on import of goods) and cess is Rs 12,025 crore (including Rs 901 crore collected on import of goods), the finance ministry said in a statement. The revenues for April 2023 are 12 per cent higher than the GST revenues in the same month last year. During the month, the revenues from domestic transactions (including import of services) are 16 per cent higher than the revenues from these sources during the same month last year, it said.

April 2023 saw the highest-ever tax collection on a single day on April 20. A sum of Rs 68,228 crore was paid through 9.8 lakh transactions on that day. The highest single-day payment last year (on the same date) was Rs 57,846 crore through 9.6 lakh transactions.

The ministry also said the number of e-way bills generated in March 2023 was 9 crore, which is 11 per cent higher than 8.1 crore e-way bills generated in February 2023. -PTI

Govt blocks 14 apps used by terror groups

#NEW DELHI

The Indian government has blocked 14 mobile messaging applications, which were allegedly being used by terrorist organisations, mainly based in Jammu and Kashmir.

The banned apps include Crypviser, Enigma, Safeswiss, Wickrme, Mediafire, Briar, BChat, Nandbox, Conion, IMO, Element, Second Line, Zangi and Threema, as per reports.

The decision is learnt to have been taken as per the inputs of intelligence agencies, the reports said.

These apps were blocked as per the provisions of Section 69A of the Information Technology Act, 2000, reports said. -IANS

US panel again takes aim at India on religious freedom

#WASHINGTON

A US government panel renewed calls Monday to blacklist India over religious freedom, saying that treatment of minorities has continued to worsen under Prime Minister Narendra Modi.

The US Commission on International Religious Freedom offers recommendations but does not set policy and there is little expectation that the State Department will accept its stance on India, a growing US partner.

The State Department each year lists countries where it sees particular concern on religious freedom, with the prospect of sanctions without improvement.The independent commission, whose members are appointed by the president and congressional party leaders, supported all of the State Department's latest designations which included China, Iran, Myanmar, Pakistan, Russia and Saudi Arabia.

It however recommended that the State Department add several countries including India, Nigeria and Vietnam.

The annual report pointed in India to violence and destruction of property targeting Muslims and Christians and drew links to comments and social media posts by members of Modi's Hindu nationalist Bharatiya Janata Party (BJP). "The continued enforcement of discriminatory laws facilitated a culture of impunity for widespread campaigns of threats and violence by mobs and vigilante groups," it said. It was the fourth straight year that the panel has made the recommendation on India, angering New Delhi which has called the commission biased. -AFP

SC removes waiting period for mutual consent divorce

#NEW DELHI

The Supreme Court held on Monday it has the discretion of exercising the plenary power it commands under Article 142 of the Constitution to dissolve a marriage on the ground of "irretrievable breakdown", and the authority to dispense with the 6-month waiting period mandated under the Hindu Marriage Act, 1955 while granting divorce with mutual consent.

The apex court made it clear that contesting parties cannot directly approach it and seek dissolution of marriage on the ground of irretrievable breakdown by filing a writ petition under Article 32 of the Constitution.

Article 32 gives Indian citizens the right to seek constitutional remedy from the Supreme Court if they have been deprived of their fundamental rights.

Article 142 of the Constitution deals with enforcement of decrees and orders of the apex court to do "complete justice" in any matter pending before it. As per Article 142(1), a decree passed or an order made by the apex court is executable throughout the territory of India.

Section 13-B of the Hindu Marriage Act deals with divorce by mutual consent and sub-section (2) to this provision provides, after the first motion has been passed, the parties would have to move the court with the second motion, if the petition is not withdrawn in the meanwhile, after six months and not later than 18 months of the first motion.

Apex Court to use discretionary powers in this matter

A five-judge Constitution bench headed by Justice S K Kaul said Article 142(1) of the Constitution, which gives "wide and capacious power" to the apex court to do complete justice should be exercised in a legitimate manner and with caution, as its verdict ends the litigation between parties.

It said grant of divorce by the apex court on the ground of irretrievable breakdown of marriage is not a matter of right, but a discretion which is to be exercised with great care and caution, keeping in mind several factors ensuring that 'complete justice' is done to both parties.

The bench was dealing with questions, including whether the top court can grant divorce in exercise of power under Article 142(1) of the Constitution when there is complete and irretrievable breakdown of marriage in spite of the other spouse opposing the prayer.

"This question is also answered in the affirmative, inter alia, holding that this court, in exercise of power under Article 142(1) of the Constitution of India, has the discretion to dissolve the marriage on the ground of its irretrievable breakdown," said the bench, also comprising Justices Sanjiv Khanna, A S Oka, Vikram Nath and J K Maheshwari.

"This discretionary power is to be exercised to do 'complete justice' to the parties, wherein this court is satisfied that the facts established show that the marriage has completely failed and there is no possibility that the parties will cohabit together, and continuation of the formal legal relationship is unjustified," it said. PTI

LSG bowlers restrict RCB to below-par 126 on rainy day

#Lucknow

Lucknow Super Giants dished out a fine bowling display to restrict Royal Challengers Bangalore to a below-par 126 for nine in an Indian Premier League match here on Monday.

Opting to bat, RCB never had momentum in their innings despite the opening duo of skipper Faf du Plessis and Virat Kohli sharing a 62-run partnership.

The spin duo of Ravi Bishnoi (2/21) and veteran Amit Mishra (2/21) shone bright with the ball in the middle overs to keep a check on RCB's scoring rate.

LSG suffered a big blow in the last delivery of the second over when skipper KL Rahul pulled his right thigh muscle while chasing a ball towards the extra cover boundary.

Rahul failed to stop the boundary, looked in considerable pain, and limped off the field. In his absence, Krunal Pandya led the side.

The duo of du Plessis and Kohli gave RCB another good start, stitching 62 runs in nine overs.

Both the openers failed to get going but gave a platform for the rest of the batters to take RCB to a decent score. Kohli didn't look at his best as he managed just three boundaries during his 30-ball 31-run knock before being stumped by Nicholas Pooran off the bowling of Bishnoi.

New man in Anuj Rawat didn't last long as he gave a catch to Kyle Mayers in the deep off the bowling of Krishnappa Gowtham.

Dangerman Glenn Maxwell followed suit, without troubling the scorers much, LBW to Bishnoi.

After the initial partnership between du Plessis and Kohli, LSG bowlers pulled back the game brilliantly.

Suyash Prabhudesai didn't last long, caught by Gowtham at mid-off off the bowling of veteran Amit Mishra, as RCB slumped to 90 for four in 14.3 overs.

The match came to halt in the 16th over due to a steady drizzle.

After a delay of nearly 26 minutes due to rain, the match restarted with no overs being reduced.

While du Plessis batted deep he never got the desired momentum in his knock and struggled to find boundaries and sixes, which he is generally known for and was eventually dismissed by Mishra in the 17th over, caught by Pandya as the South African tried to break the shackles.

Thereafter, Dinesh Karthik (16 off 11) tried his best to up the ante but it wasn't enough.

Towards the end, Afghan fast bowler Naveen-ul-Haq picked up two wickets in two deliveries in the 20th overs, to finish with figures of 3 for 30. **PTI**

Royal Challengers Bangalore's Faf du Plessis (C) speaks during the toss as Lucknow Super Giants' KL Rahul (L) watches before the start of the IPL Twenty20 cricket match between Lucknow Super Giants and Royal Challengers Bangalore at the Ekana Cricket Stadium in Lucknow on Monday; (Right) Groundsmen cover the pitch and outfield as it rains during the match

Too close for comfort with anti-social elements

CONTINUED FROM PAGE 1

Pulikeshi Nagar Police Station. But this has become a common thing, chain snatching, being robbed in the street and even house breaks at day time. The police need to take strict action against these miscreants," a citizen told BM.

Residents in other areas of Bengaluru have also reported about increasing theft cases in their locality.

Srinivas Gowda, DCP central, told Bangalore Mirror, "We are doing basic policing and providing patrolling and acting on information. Other facilities such as 112 are also actively being used. We are identifying people and automobiles that we suspect to be involved in any kind of theft. We are registered cases under CRPC 109 against people who we have suspicions about and are monitoring sensitive areas."

There are several other cases of nightmarish instances on the road. A Twitter user named Neelesh Salgonkar revealed that on April 29, when he was travelling with his wife and teenage daughter on the Suranjan Das Road in his car, he was chased by a man till BEML circle. According to him, two men on bikes chased the family on the road between 1:20 pm and 1:35 pm.

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personal

CHANGE OF NAME

I Spoorthi Lokre Suraj W/O. Suraj Lokre B R/o Saamrat Aadya Apt, Flat #401, 4th Floor, No 384, 4th Main, 9th Cross, Nrupathunga Nagar, J P Nagar 8th Phase, Bengaluru 560078 have changed my name to Spoorthi Sudarshan Sulake

I, Ankita Agarwal D/O Mahesh Chand Agarwal, R/o R-0405, Purva Fountain Square, Marathahalli, Bengaluru, Karnataka- 560037, have changed my name and shall hereafter be Known as Ankitaa Agarwaal

I, Kalavathi Venugopala W/O. Venugopala K V R/o #311, 80 Feet Road, 11th Block, Banashankari 6th Stage, Near Jss School, Bengaluru Kengeri Ka -560060 have changed my name to Kalavathi K V for all purposes.

I, Sayyed Sadaf Sattar Razak W/O Syed Imran # 368 yarab nagar b'lor-70 have changed my name to Sayyed Sadaf for all purposes.

I Ugrappa K C , Krishnagiri, Kannamedi Post, Pavagada, Tumakuru, Karnataka, have changed my name to Ugrappa for all purposes

I, Shrinivasa Murthy Krishna Reddy R/o 59, Doddamane, near bus stand, Dodda banasawadi B'luru 560043 have changed my name to Srinivasa Murthy Krishna Reddy affidavit Dt.01/05/2023 notary Ganesh Gowda M.V, B'luru

I, Julie Reji w/o Reji Mathew Varghese R/o Flat.204, Peniel Residency, Indiragandhi, 1st main, Udaynagar, DV nagar, B'luru 560016 have changed my name to Julie Koshy affidavit Dt.01/05/2023 notary Ganesh Gowda M.V, B'luru

I Patel Tejas S/O, Kanubhai R/o G-015, Sumukha Opal Apartment,15th Main,17th C Cross Road, Jp Nagar 5 Phase, Bangalore 560078, have changed my name to Patel Tejas Kanubhai

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Entire overhaul needed to smoothen commutes

CONTINUED FROM PAGE 1

plans are as per the old codes. The carrying capacity of our larger arterial roads needs to be larger. One aspect would be to look at the manufacturing sector and how to address the logistics. We would have to allow remanufacturing in the city or encourage light manufacturing within the city," he said. He explained that historically, cities have been centres of manufacturing.

"Secondly, we need to reserve 30% of land for low-income or rental purposes. These large chunks of land would be utilised for building rental properties alone. This would ensure that housing is more affordable for all income groups. Thirdly, we need to address the housing and employment goals of an area. We have 47 planning districts and each should have a housing and employment goal. Building permissions must be allowed in a way to account for the goals and regulate the concentration," he said.

He informed that the percentage of people travelling to conventional office spaces as compared to places of business and manufacturing units is just 30%.

Urbanist V Ravichandar said that roughly 60 years ago, Bengaluru followed the 15-minute plan, but the rise of the IT belt shattered that model. "Work centres should be neighbourhood-centric. People cannot go to the IT centres. It also requires the support services to live in the same area. It would also mean the development of social rental housing areas. Around 50-60 years ago, the ITI, BEL, and HML townships were exactly built on this concept. People used to go to work and eat lunch at home. Educational institutions sprouted in the neighbourhood as well," he said.

Ravichandar said that Bengaluru departed from the concept by building IT campuses without supporting residential areas. "The 15-minute city would also allow for cycling in the neighbourhood. However, today it's a challenge owing to the need for protected lanes. Our road infrastructure is so stressed and protecting lanes for cyclists is difficult. Ideally, we need six-lane roads to implement the 15-minute model."

> **"We need to reserve 30% of land for low-income or rental purposes. These chunks of land would be utilised for rental properties alone. This would ensure that housing is more affordable. We need to address the housing goals of each area**

Prof Ashish Verma, Convenor, IISc Sustainable Transportation Lab (IST Lab) told BM that the 15-minute city plan might be slightly unrealistic for a developed city like Bengaluru. He said that the plan could be envisioned by incorporating public transport. "It's a good model for a new city but in an already grown metropolitan city like Bengaluru, the concept is not feasible. The last two decades of infrastructural development have further encouraged people to travel by private vehicles on longer distances. The plan can be reimagined for feeder zones of metro stations and creating infrastructure to supplement the public transport system with walking/cycling. The 15-minute model should also aim at making the city more sustainable. The mode of transport is highly vital in this scenario and cannot encourage the use of more vehicles."

He emphasised on the need to further strengthen the public transport system and make it more reliable.

HEALTH TIP: Radishes are rich in vitamin C which aids collagen production and keeps gums healthy

Kale contains iron, which is essential for good health, including the formation of haemoglobin and enzymes, cell growth and liver function

CORTISOL CONNECTION

No, you can't blame all your health issues on 'high cortisol'. Here's how the hormone works

Have you been craving certain foods and gaining weight? Maybe you're fatigued and can't concentrate, then wake up in the middle of the night. The latest TikTok wellness trend would have you believe high cortisol levels are to blame.

It's true that cortisol affects our weight, energy balance, metabolism and sleep. But so do thyroid hormones, appetite hormones and sex hormones, as well as diet and physical activity.

Cortisol also does more than this and regulates many other biological functions. It affects nearly all the cells of our body and is essential for survival.

Why is cortisol portrayed as bad?

Some of what is being blamed on cortisol are symptoms of chronic stress or depression – which makes sense, since these are linked.

Cortisol is the main "stress hormone" of the body. This might make people think cortisol is bad for them, but this is not the case.

Stress is an inevitable part of life, and our stress response has evolved as a survival mechanism so we can react quickly to dangerous situations. Both psychological and physical stresses elicit the stress response.

Cortisol is essential for a healthy stress response

Our immediate reaction to a sudden threat is the fight-or-flight response. Adrenaline is released from the adrenal glands into our bloodstream. This instantly increases our heart rate and breathing rate so we can be ready to act quickly to escape or avoid danger. However, the adrenaline response is only very short-lived.

When a threat or stress persists for minutes rather than seconds, cortisol is released from the adrenal glands. Its main role is to increase blood glucose (sugar) for energy.

Cortisol affects the liver, muscle, fat and pancreas to increase glucose production and mobilise stored glucose. This increases glucose to the brain so that we are mentally alert and to the muscles so we can move.

In a healthy and normal stress response, cortisol rises quickly in response to the stress and then rapidly reduces back to baseline levels after the stress has passed.

However, chronic stress and ongoing increased cortisol secretion are not healthy. Chronic stress can cause dysregulated cortisol secretion: when cortisol remains high even in the absence of an immediate stress.

It can take weeks for cortisol dysregulation to return to normal after chronic stress.

What's the link with depression?

Emerging evidence suggests chronic stress and dysregulated cortisol may contribute to the development of depression. Our research team has shown that people with depression have, on average, higher cortisol than people who don't have depression. We also found that higher cortisol was associated with more negative thinking and lower quality of life.

The symptoms described on TikTok as being due to high cortisol may be caused by stress, depression or anxiety. Depression can also cause insomnia, increased appetite, and weight gain or loss.

The relationship between cortisol, weight changes and depression are complex. High cortisol also increases the activity of adrenaline. This explains why when you are stressed you can be extra reactive and snap into fight-or-flight mode quickly.

However, some of the symptoms described on TikTok as due to "high cortisol" may actually reflect low cortisol. Low cortisol can be caused by chronic stress and high cortisol during childhood or earlier in life. This is why some people with depression, particularly those with a long history of depression, have low rather than high cortisol.

Low cortisol causes fatigue and weight gain. This is more common in women and we found this was linked to leptin, a satiety hormone.

How do you know if your cortisol is too high or low?

Despite claims on TikTok, we cannot tell whether our cortisol is in balance or high or low.

The only way to know is to have your blood, urine or saliva analysed in a laboratory. This is not done routinely and would be a waste of resources. A doctor would only check this if they suspected you had a disorder of cortisol production, but these are rare.

Besides, your cortisol levels vary considerably across different times of the day and night.

Cortisol affects your body clock

One of the most important roles of cortisol is in the circadian system of the body. The hypothalamus in the brain sets the circadian (approximately 24-hour) rhythms of our biological functions to match the light-dark cycle. Cortisol communicates these signals from the brain to the rest of the body.

Cortisol secretion from the adrenal glands increases in the early hours of the morning, peaks at about 7am, and then is lowest from about midday until early morning.

> **Cortisol, the body's main stress hormone, affects nearly all the cells of our body and is essential for survival**

Cortisol is our body's natural alarm clock. Higher cortisol during the morning or at the end of the sleep period stimulates wakefulness, increased energy, and physical activity. Lower cortisol during the night encourages sleep and restorative functions.

How can you maintain healthy cortisol levels?

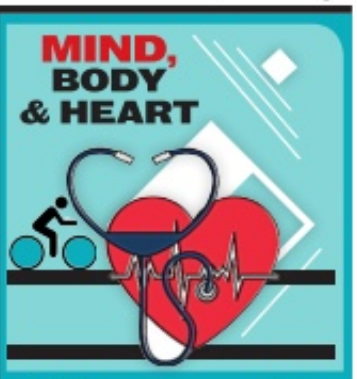
You can try to maintain healthy levels of cortisol by addressing the underlying causes of cortisol dysregulation.

Meditation, mindfulness and cognitive behavioural therapy can reduce the reactivity of the stress response.

Exercise during the day and good sleeping habits also help to reduce chronic stress and high cortisol.

Finally, a healthy balanced diet gives your body the building blocks for good hormone health.

(By Theresa Larkin & Susan J Thomas, University of Wollongong, for The Conversation)



All you need to know about...

Norovirus

What is it?
Notoriously, norovirus is a winter vomiting bug often with diarrhoea, but fortunately it usually clears up in about two days.

What are the symptoms?
Norovirus is highly contagious and symptoms start suddenly within one to two days of being infected, including feeling sick, diarrhoea, and being sick. You may also have a high temperature, a headache, and aching arms and legs.

How is it spread?
Norovirus is caught very easily. You can get it from being in close contact with someone who's infected, or touching surfaces or objects that have the virus on them, then touching your mouth. Eating food that's been prepared or handled by someone with norovirus can also be to blame.
To stop it spreading, wash your hands frequently with soap and water and remember alcohol hand gels don't kill the bugs.

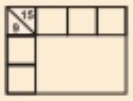
What's the treatment?
Home first aid is usually all that's needed, with rest and drinking lots of fluids to avoid dehydration. Symptoms usually start to improve in two to three days.
Stay off work until you haven't been sick or had diarrhoea for at least two days. This is when you're most infectious.
Don't visit hospitals or care homes during this time.

Advice for children
If your child has passed six or more watery stools in 24 hours, or has vomited three times, call a doctor. However, if your child is feverish or has pale or mottled skin, they are dehydrated, only passing small amounts of urine, and have bloody diarrhoea, your child could have a serious underlying condition, so go to the hospital.

Dr Miriam Stoppard, Daily Mirror

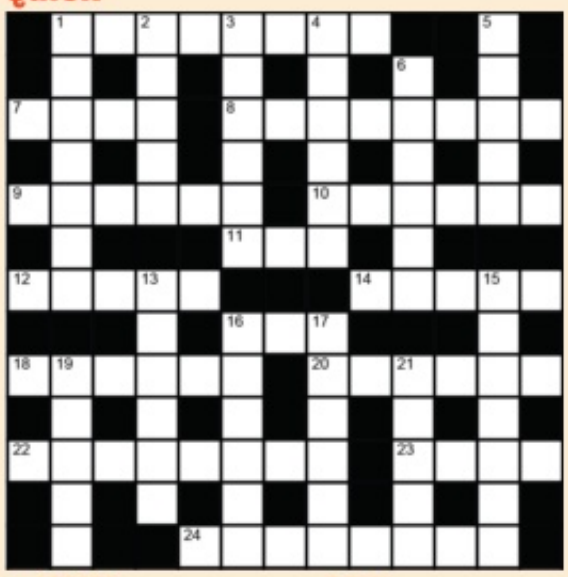
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.

Quick



ACROSS
1 Intensity of sound measurements? (8)
7 Conjoin (4)
8 Chains of suspended drapery or other decorations (8)
9 Rough or vulgar (6)
10 Non-transparent (6)
11 Large weight (3)
12 Literary effort (5)
14 Unsteady (5)
16 Get into (3)
18 Robbery at sea (6)
20 Spookier (6)
22 Play a role with restraint (8)
23 Bruhat Bengaluru Mahanagara Palike in short (4)
24 Breach of syntax (8)

DOWN
1 Doubtful, uncertain (7)
2 Provide food (5)
3 Self-serve meal (6)
4 Teaching period (6)
5 Follower of major Indian religion (5)
6 Popular F1 venue (6)
13 Astonished (6)
15 Say nothing? (4,3)
16 Electric generator (6)
17 Plant to annoy (6)
19 Internal (5)
21 Religious leader of the Jews (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: T EQUALS G
LH N WJLOT LBO'W XQIWJ BNELOT, EQG BLOT LW.

Linemaro

I want to be your favourite hello and your hardest goodbye

Mindchow

If you worry about what might be, and wonder what might have been, you will ignore what is

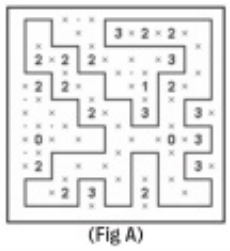
Joke of the day

Atoms have mass? I didn't know they were Catholic

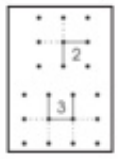
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

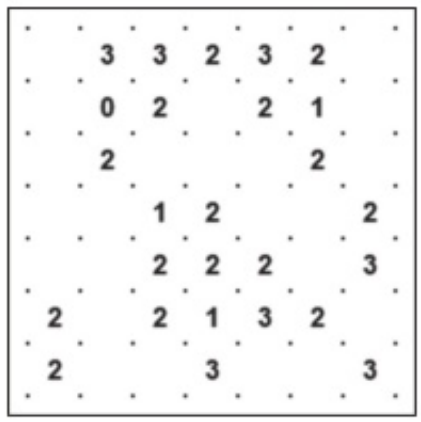


(Fig B) Not Allowed

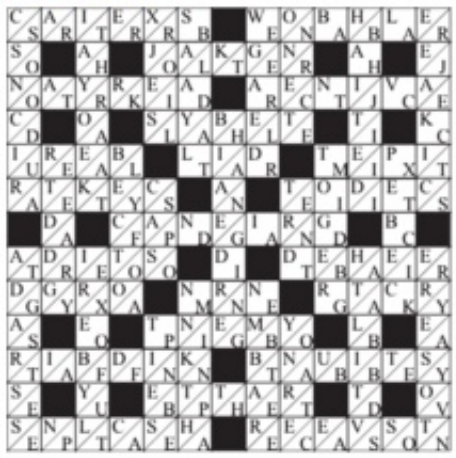
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

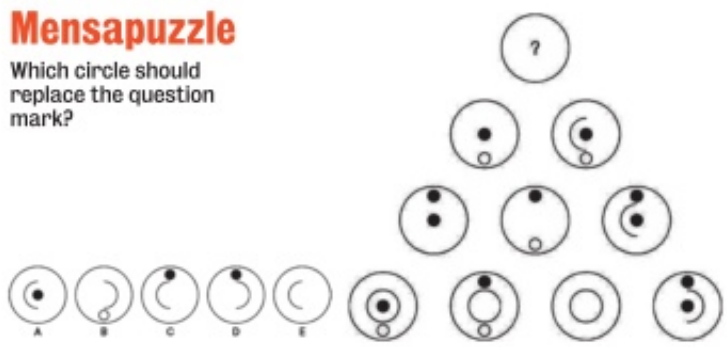
1	2	3	4	5
6				
7				
8		G		
9				

ACROSS
1 Trams; 6 Remit; 7 Media; 8 Genus; 9 Sob do

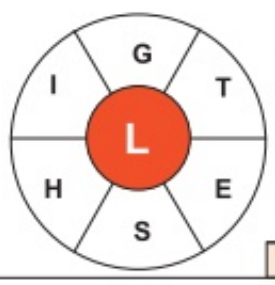
DOWN
1 St Dan; 2 I memo; 3 Mi Goa; 4 Bud re; 5 Rests

Mensapuzzle

Which circle should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

				4		6	8	1
	9				8	7	3	
1								5
			3			8		
8		3	9		5	1		4
		4			1			
2								9
	5	6	7				4	
3	8	7		9				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 25
3 4 6 7

Medium = 17
4 4 7 9

Hard = 42
4 6 8 5

Hocusfocus

Find at least six differences in details between panels.

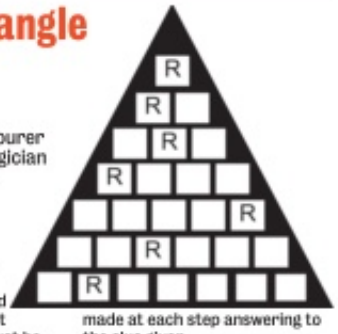
Differences: 1. Paper is longer. 2. Drawer is added. 3. Pencil is added to hand. 4. Chair leg is moved. 5. Hand is not showing. 6. Woman's hair is longer.

Riddler

Dead and bound, what once was free. What made no sound, Now sings with glee. What is it?

Alpha triangle

1 18th letter
2 Concerning
3 Anger
4 Bridle part
5 Underground labourer
6 King Arthur's magician
7 Russian Govt. HQ



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel alone, you may find yourself in the self analysis process. You may expect some changes in your place or position. Your patience may be tested many times. You may be arrogant with people around you; it may affect your personal life. You are advised to avoid adventure tours.

Taurus Apr 21 – May 20
Today you may feel healthy, your hard work may pay you in terms of gains. The money which was stuck, may be recovered now, it may increase your liquidity in the business. Job seekers may perform well in the interviews. Students are likely to hear good news in terms of academics. You may bring some creative stuff in the home or in the office to maintain social status.

Gemini May 21 – Jun 21
Today you may perform well in the office. You may expect good terms with the boss. You may get a strong position in the job as well as in the organisation. But it is advised to keep an eye on your opponents and hidden enemies. You are also advised to maintain your routine to avoid lifestyle health issues. Jobseekers are likely to find suitable jobs.

Cancer Jun 22 – July 23
Today till afternoon you may feel nervous. You are advised to use your intuitions before taking any initiative in terms of business and investments. Love birds are advised to avoid taking important decisions in terms of marriage. Students should put extra effort in their studies. With the help of blessings from elders, afternoon onwards things may be somehow under control.

Leo Jul 24 – Aug 23
Today is not a good day, you may be disappointed. Your focus towards your work may not be good, it affects your routine work. Your projects may be delayed. It is advised to sustain yourself in the current situation. Investments in the fixed assets shall be postponed for a while. Plan of construction of a house or office is advised to be postponed.

Virgo Aug 24 – Sep 23
Today you may help needy people, it may increase your social respect. You may also put your hundred per cent effort into your work, resulting in it may complete before time. You may hear some good news from your sibling. Too much work may make you tired; you are advised to avoid stress today, otherwise stress can affect both your professional and personal life.

Libra Sep 24 – Oct 22
Today good vital energy may make you happy. You have a good focus towards your project. Your working efficiency may be praised by your boss. Today you may expect good gain in your business, which may boost your financial health. You are likely to find love today.

Scorpio Oct 23 – Nov 22
Today happiness may be around you, it can help you to enjoy your day-to- day work. Your vital power may help you to take difficult decisions, which will increase your profits in the near future. You may plan for a work related short trip. Subordinates and colleagues may support you to complete your work on time. Students may find themselves more focused in their studies.

Sagittarius Nov 23 – Dec 22
Today you may feel dull; sleeplessness may affect your mental and physical health as well. You may also be upset due to health issues of your family member. Your expenditure on worthless stuff may affect your savings. You may be a victim of conspiracy so you are advised to keep an eye on your opponents.

Capricorn Dec 23 – Jan 20
Today you may start your day with happiness. At work, you may make quick decisions, which may give benefits in the near future. You may expect some new source of income, which may boost your savings. With the help of your partner, you may invest some amount in the business, which may be profitable in near future.

Aquarius Jan 21 – Feb 19
Today you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of elder's blessings, job seekers may get some high position in the job; managers may get promoted to top management. You may get rewards, which may increase your status. Professionally you may do better.

Pisces Feb 20 – Mar 20
Today you may feel some positive power around you, which is showing you some right direction, there may be peace in mind, and your performance on every front may be noticeable. Your destiny is with you. You may plan to visit a religious place, which is somehow far from your territory. Your inner sense may ask you to do some charity. You may also hear some good news in terms of grandchildren.

KIDZONE

Sharav S, 6 years, Vibgyor High School

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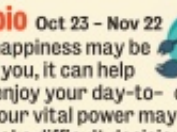
Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
60 x 2/1 – 60/2
120/1 – 30
(120 – 30)/1
90/1 = 90

BULL'S EYE
alit, nilt, isle, islet, legit, lest, light, list, lithe, sit, sleigh, SLEIGHT, slight, slit, stile, tile

STRIKE OUT



QUICK

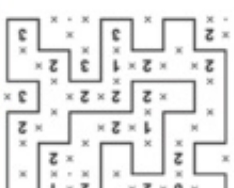
MENSA PUZZLE
E: the symbols in the lower two circles combine to form the circle above, but similar symbols disappear.

SUDOKU

7	3	2	5	4	9	6	8	1
4	9	5	1	6	8	7	3	2
1	6	8	2	3	7	4	9	5
6	1	9	3	2	4	8	5	7
8	2	3	9	7	5	1	6	4
5	7	4	6	8	1	9	2	3
2	4	1	8	5	6	3	7	9
9	5	6	7	1	3	2	4	8
3	8	7	4	9	2	5	1	6

ALPHA TRIANGLE
R, Re, Ire, Rein, Miner, Merlin, Kremlin.

LOOP



KAKURO

SOLVE IN 1M
(120 ÷ 2) / 1 = 60/2
120/1 – 30
(120 – 30)/1
90/1 = 90

FAST FIVE

S	M	A	R	T
T	I	M	E	R
A	M	I	D	E
N	E	G	U	S
D	O	O	B	S

QUOTE UNCODE
If a thing isn't worth saying, you sing it.

RIDDLER
Any wooden, stringed instrument (guitar, violin, cello, ukulele, etc)

GO FIGURE
Easy
3 x 4 + 6 + 7 = 25
Medium
4 / 4 + 9 + 7 = 17
Hard
4 – 5 + 8 x 6 = 42

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Gatecrashers — Police stopped a concert of Oscar-winning musician AR Rahman in Pune as it went on after the 10 pm deadline, an official said on Monday

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Like father, like daughter

Hat-trick hero Shivarajkumar is known for his support to young talent in Sandalwood. It seems his daughter Niveditha is also following his footsteps by supporting a new team of filmmakers.

On Monday, Niveditha announced that she is bankrolling a Kannada movie to be directed by Vamshi Krishna.

"We are thrilled to announce our first production, #production1, a heart-warming tale that will take you on a wholesome journey. We have assembled an incredibly talented team of individuals who are dedicated to bringing this story to life on the silver screen. We can't wait for things to unfold and create a cinematic experience that will leave you feeling warm and fuzzy. Stay tuned for updates!" Niveditha announced on social media.

Shri Mutthu Cine Services is a company created to give a platform to young talent and new ideas. Having already released a serial and three web series, now she will produce a film under the same banner.

Vamshi Krishna told BM that he is very lucky to get this opportunity. "Initially, Niveditha ma'am assured me that she would get a producer for my movie. After narrating the script, Niveditha ma'am advised me to narrate it to her father Dr Shivarajkumar. I was delighted and on the moon when Dr Shivarajkumar okayed the script and allowed me not only to direct the movie but also to play the lead," said Vamshi.

He said the shooting of the movie would begin next month and the selection of the artistes is yet to begin. "The movie will be shot in and around Bengaluru," he said.

Basking in love

Aishwarya Lekshmi happy with all the appreciation coming her way for 'small' role

Actor Aishwarya Lekshmi says she was surprised to see the love coming her way for playing Poonguzhali in Mani Ratnam's "Ponniyin Selvan" as her character does not have a lot of screen time.

The film, a two-part saga based on author Kalki Krishnamurthy's hugely popular 1955 Tamil novels of the same name, features Lekshmi as a "fierce" boat woman.

"I never expected my character to be appreciated, accepted or loved like this. I expected the movie to do well, I expected everybody's character (to do well) because all of them are superstars, I expected to bask in their glory. I never expected to be loved like this. I feel the love everywhere I go," Lekshmi told PTI in an interview.

"My character Poonguzhali didn't have a lot of screen time but she was a well formed person in her own right. She is fearless, fierce, she does all the physical work that is necessary," she added.

Lekshmi said the length of her role notwithstanding, she just feels honoured to have acted in a Ratnam movie.

The actor, 31, who has acted across various languages, Malayalam, Tamil, and Telugu, said one thread that binds all her characters is that they are "capable of rising to the occasion".

"I have been lucky enough to portray strong characters in all the languages that I have worked in, more than strong, very well-written. I feel there is a similarity that all of them have survived something, all of them are capable of rising to the occasion.

"However, there are cultural differences in each character because the culture of the state comes into play. I would like to believe that similarity surpasses the differences," she said.

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